



HealthWatch Assessment Report

Name : JAY PATEL

Gender : MALE

Date of assessment : Sep 21, 2026

Age : 30

Overall Health Score

Health Score

This score is based on the assessments you've completed. Offering a clear snapshot of your current health and fitness. Use it to track progress and target areas for improvement.

Poor

24

Poor Fair Good Great

0 40 60 80 100

Hip Assessment



Hip Flexion Left

Lateral flexion, refers to the bending movement of the head sideways, towards either shoulder.

Poor

1 degrees



Hip Flexion Right

Lateral flexion, refers to the bending movement of the head sideways, towards either shoulder.

Poor

21 degrees

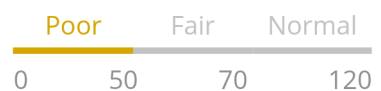


Hip Abduction Left

Neck rotation refers to the turning or pivoting movement of the head from side to side, as if looking over each shoulder.

Poor

33 degrees

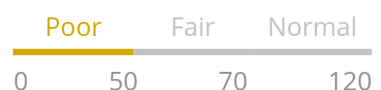


Hip Abduction Right

Neck rotation refers to the turning or pivoting movement of the head from side to side, as if looking over each shoulder.

Poor

40 degrees





Hip Adduction Left

Neck flexion refers to the bending movement of the head forward, bringing the chin closer to the chest.

Poor

24 degrees



Hip Adduction Right

Neck extension refers to the bending movement of the head backward, tilting the chin upwards and away from the chest.

Poor

25 degrees



Disclaimer

This assessment is only indicative and not necessarily a direct representation of your risk. This report is not diagnostic. If you have any concerns, then please seek guidance from a medical professional who may conduct a physical examination and conduct further diagnostic test as required.

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